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Celebrity Buzz

Sheen gives up child custody?

pg 22

Eskimos say bye-bye to Lumsden

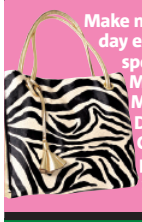
FOOTBALL Jesse Lumsden's tenure with the Edmonton Eskimos has come to an end.

The team announced yesterday it has released the Canadian running back after just one season. Lumsden signed with the Eskimos last off-season, then injured his shoulder in the season opener against Winnipeg and didn't play again.

Lumsden, who earned fifth-place finishes in both the two- and four-man bobsled at the Vancouver Olympics, still doesn't have medical clearance to resume his football career. That spelled the end of the line for him in Edmonton.

THE CANADIAN PRESS

Mother's Day



Make mom's day extra special with Metro's Mother's Day Gift Guide, pages 16, 17

On the web

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Rexall Place **Fond farewell**

ASPEN ZELLER/FOR METRO EDMONTON

Kix Brooks of country music duo Brooks & Dunn salutes fans as the group played Rexall Place last night. The gig marks part of their 2010 farewell tour.

RCMP to probe alleged scam

MORTGAGES The RCMP has been called in to investigate allegations by the Bank of Montreal that it has lost $70 million in a massive mortgage scam involving more than a hundred people including lawyers, brokers and even its own employees.

"We're looking into it right now on a very preliminary basis to determine if there's enough information to go on and see whether there's some type of criminal act here," RCMP Sgt. Patrick Webb said yesterday.

"Once that preliminary look-see is completed, we can determine whether we can take it to our commercial crimes unit and see how far we can get on this investigation."

The bank, in a lawsuit filed in Calgary, says it has been scammed in several schemes that were first flagged in a security check four years ago. It alleges the defendants found undervalued houses in upscale neighbourhoods, then paid someone a few thousand dollars to put their name on a mortgage application.

Documents were then forged to inflate the value of the property and to fool the bank into believing the buyer had the ability to pay. Once the mortgage was approved, the fraudsters pocketed the profit and the money was sent overseas, the bank says.

The allegations have yet to be proven in court.

THE CANADIAN PRESS

That's the ticket

Local laid-off welder wins $41.7M Lotto Max jackpot

JEFF CUMMINGS
for Metro Edmonton

A stroke of bad fortune turned out to be one lucky ticket for a 33-year-old Beaumont man who is now $41.7-million richer.

Cameron Blair was laid off from his welding job a few weeks ago right before he decided to try his luck at the Lotto Max's massive April 23rd jackpot.

Blair bought a pair of $11 Lotto Max Quick Pick tickets from a Shell Select store at 708 Parsons Rd.

"I found out that I had seven of seven numbers as of Saturday morning (the day after the draw) — and then my life changed," said Blair during a news conference yesterday.

The lucky homeowner who now plans to pay off his mortgage was at his parents' home to take his mother out shopping at Costco when he found out that he had the winning ticket.

And after his mom discovered he had the winning ticket after offering to check it, Blair said he paid for his mother's groceries.

Blair also told reporters that if he didn't lose his job, he wouldn't have made the effort to purchase the tickets.

"(Being laid off) was bad luck with the way the economy was going, and sure you have the dreams," said Blair, who intends to finish his schooling in order to earn his journeyman welding ticket.

"I was going to buy my ticket to perk up my blues, to pick me up and get me through it just to have those dreams and carry me on until school."

Record

- Blair's winnings make Alberta's largest-ever lotto prize claimed by one person. It's also the third-largest prize ever won in the province, says the Western Canada Lottery Corporation.

HANDOUT/THE CANADIA PRESS

Cameron Blair, 33, celebrates yesterday after winning the Lotto Max $41.7 million jackpot. The Beaumont man says he was laid off from his welding job before buying the lucky ticket.

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Local

Open house for arena district

The Katz Group is hosting an open house today to discuss the proposed downtown Edmonton Arena District. The event is an opportunity to learn more about the arena district as the new home of the Oilers and share your thoughts with the project team. The open house takes place at the Art Gallery of Alberta between 11 a.m. and 8 p.m.

METRO EDMONTON

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News in brief

ART The Art Gallery of Alberta will shake things up for Mother's Day with a Make Some Noise! themed All Day Sunday on May 9 from 10 a.m. to 5 p.m. The event will include art-inspired activities designed for gallery visitors of all ages. Visitors will be able to create musical instruments, listen to a storyteller from T.A.L.E.S., participate in a dance-off and join in the production of an AGA music video. For more info, visit youraga.ca

METRO EDMONTON

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What's online today.

Movies showtimes, trailers reviews and purchase tickets at **metronews.ca/movies**

Video Still no fans of seal hunts, PETA uses graphic video to urge tourists away from Canada at **metronews.ca/canada**

Lotteries

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These results are not official.

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Vets honoured 65 years after VE Day

ELISE BARTA
for Metro Edmonton

Tanks rolled in, jets flew overhead, and the bagpipes played in memory of the fallen and in honour of those present.

City council, Edmontonians, and army and navy members gathered in Churchill Square to honour the veterans of the Second World War during the 65th anniversary of the victory in Europe and the liberation of the Netherlands yesterday.

A pair of CF-18s flew over Churchill Square as the army and navy stood at attention, and a solemn prayer was said for victims and survivors of the war during the ceremony.

"Today is just a small token of our appreciation from the City of Edmonton and the citizens of Edmonton that thank you for all that you have done," Mayor Stephen Mandel told the veterans. "We want to thank you so very much for allowing us to celebrate your marvelous accomplishments today, and to allow us to give you credit for the freedoms we have."

ELISE BARTA/FOR METRO EDMONTON

Sherwood Park MLA Iris Evans pins a medal on Alfred Ciavaglia, retired Sapper for the Royal Canadian Engineers.

Mandel also recognized the 100th anniversary of the navy this past Tuesday.

"I think there is no love any greater for one's country than to lay down your life for that country," said Iris Evans, MLA for Sherwood Park.

"And we have many Dutch families among us today who have been part of that, who may have stayed in concentration camps, who have suffered poverty, and we remember them as well."

The ceremony concluded with the veterans receiving a specially commissioned civilian medallion.

Oliver Square **Metro gets McHappy**

ANDREAS MORSE/METRO EDMONTON

Metro staff visited the Oliver Square McDonald's to take part in McHappy Day yesterday, with funds raised being used to benefit children's charities across Canada and helping support children in need. Pictured from left are: Melissa Delisle, Cheryl Skogg, Linda Woodward, Jim Hillman, Sarah Whitman and Harry Hodge. Jacki Zubot and Carrie Solinas also attended the event.

Couple still reeling after train hits vehicle, killing dad, girls

LAURA FORTEY
for Metro Canada

VANCOUVER Passengers aboard a train that struck a vehicle killing three people — including two girls under 10 — were still shaken up by the incident when they disembarked in Vancouver yesterday.

"We didn't feel a thing (when the train hit the truck)," said Andrew Martin, who came to Vancouver on vacation from Ottawa.

"They did the whole movie thing, asking if there was a doctor on board ... The woman sounded really upset, but didn't tell us any details."

On Tuesday morning, during a blinding snowstorm, the Toronto-to-Vancouver train struck a truck at a level crossing protected by gates, lights and bells while going through Edmonton.

Police have not yet determined the cause of the crash, but speed and weather are being investigated as possible factors.

Victims

- John Baxter and his two daughters, Julianne Rose, 9, and Coral Sky, 7, were killed as they drove to school. None of the train's 227 passengers or staff suffered any injuries.
- The victims are survived by Baxter's wife, Alana, and their two-year-old son John Jr.

Canstruction Foodraiser kicking off

The third annual Canstruction Foodraiser for Edmonton-area food banks gets underway tomorrow at Southgate Centre. The event begins at 5 p.m. when teams will construct a building out of cans of food. Last year, nine teams raised 48,000 pounds of food. This year, 14 teams hope to double that amount. **METRO EDMONTON**

News in brief

CRIME Police have issued warrants for a 41-year-old man after receiving reports of a man selling televisions and accepting the money, but never delivering the merchandise. There have been three such incidents in the last 10 days in Kensington and Northmount. Police said each time the man approached people in their yards, claiming his friend's electronic store was going out of business and he was selling TVs for $300 plus GST.

METRO EDMONTON

Man facing prostitution charges

BUST A 58-year-old man was arrested Monday after an eight-month investigation by the Edmonton Police Service Vice Section.

The man was allegedly a central figure in a prostitution ring involving massage parlours within Edmonton, police said.

The two massage parlours were located at 150 Street and 118 Avenue, and 95 Street and 76 Avenue.

Complaints from neighbours about suspicious activity prompted the police investigation.

During the investigation, six women were removed from the businesses and returned to the Toronto area.

Dennis Fitzpatrick Huggins is facing 13 charges related to keeping a bawdy house, living off the avails of prostitution and proceeds of crime.

METRO EDMONTON

Stealth await Rush

Lacrosse division final this Saturday in Seattle

ELISE BARTA
for Metro Edmonton

Expectations for the Edmonton Rush lacrosse team were exceeded when it defeated the Calgary Roughnecks 11-7 last Saturday.

Since the Rush's inception in 2006, they had never made the National Lacrosse League playoffs, but now the team is getting ready to play a division final against the Washington Stealth on Saturday.

"The guys are pretty confident right now, actually," said Derek Keenan, head coach for the Rush.

The game against the Stealth will be held at the Key Arena in Seattle, with the league intending to broadcast it live at nll.com.

"We know that Edmonton is a formidable opponent that defeated the defending champions last week," said Stealth head coach Chris Hall.

"They have superstar Brodie Merrill and a goaltender that is hot as a firecracker, so I don't think there a lot of secrets this time of year between the two teams of the last four clubs remaining.

"It will come down to who performs the best."

SUPPLIED PHOTO

Edmonton Rush player Ian Hawksbee.

In other Rush news, the NLL named Edmonton's Brodie Merrill — who is also the league's transition player of the year — as its player of the month for April.

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'Enigma machine' decodes messages from our genes, researchers say

Toronto researchers have unveiled an "Enigma machine" program that can decode the messages of our genes. Like the German decoding device captured by the Allies during the Second World War, the University of Toronto program can unlock the meaning of a garbled language — in this case, the cryptic orders that direct our genetic machinery. TORSTAR NEWS SERVICE

Canada

Six pot plants? Go to jail

The Conservative government is reintroducing a crime bill that would impose a six-month sentence for anyone convicted of growing from six to 200 cannabis plants. More than 200 would draw a year in jail. The new bill was reintroduced in the Senate as part of the government's retabling of tough-on-crime bills that died when the last Parliament was prorogued. THE CANADIAN PRESS

Wallop Hitler? No thanks, say the young

Liberate Europe? Defeat Hitler? No thanks, say younger Canadians in a new poll.

The poll, timed for Saturday's 65th anniversary of VE Day, has the Historica-Dominion Institute suggesting there is increasing reverence for Second World War vets, but a troubling ambivalence about following their example.

A clear majority of younger Canadians say they would not have volunteered in 1939 to help defeat Nazism, according to the poll.

The survey shows a significant divide between older Canadians and those aged 18 to 35, 65 years after the end of the most significant conflagration of the past century.

Over three quarters of 1,025 respondents in the Ipsos-Reid online panel lauded the bravery of the men and women who served in the Second World War.

"You have on one hand praising (and) honouring the veterans," said Andrew Cohen, president of the Historica-Dominion.

"And then we ask the question: 'But if you were in similar circumstances, would you go?' Well, yeah, there is a high number generally of Canadians, but the younger you get, the more persuaded they have to be."

Cohen would like to better understand why they'd reject serving.

"Do they know enough?" he says of the conflict.

"Do they know what this conflict was all about?"

THE CANADIAN PRESS

> **"Do they know what this conflict was all about?"**
> Andrew Cohen

Environment experts say Greenland's offshore drilling plans give Canada reason to worry.
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Vancouver **Having a whale of a time**

FERNANDO CARVEIRO/METRO VANCOUVER

A grey whale surfaces near a police boat in a Vancouver waterway yesterday. Hundreds of people gathered to watch it along False Creek before it headed to open waters a few hours later. An expert said it's likely the large whale made a "bit of a wrong turn" in its northward migration from Baja to the Bering Sea.

Shun Canada, PETA tells tourists

SEAL HUNT An anti-sealing video is urging international tourists to skip Canada.

It's a new salvo against the East Coast seal hunt from People for the Ethical Treatment of Animals. The one-minute video features images of seals being clubbed to death.

PETA's Dan Mathews says it's a retort to a 15-second Canadian Tourism Commission commercial that shows a seal hopping on to a kayak as delighted paddlers squeal.

It says: Canada. Keep Exploring.

The PETA video says: Explore Elsewhere.

"We thought, 'Let's bring a dose of reality to this,'" Mathews said.

"Canada has a much more notorious relationship to its seals than that."

PETA hopes to post the video on tourism sites targeting northern U.S. states and Europe, where opposition to the seal hunt has led to a European Union ban on seal products.

Canada is challenging the ban.

THE CANADIAN PRESS

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Stem cells put women at risk?

HORMONES A team of Toronto researchers has pinpointed the molecular mechanism that may explain why women who undergo menopause late in life face a higher risk of breast cancer.

Scientists from the Ontario Cancer Institute have found the ovarian hormone progesterone drives the production of stem cells in breast tissue, which creates an environment ripe for cancer.

The finding provides an important clue to why a woman's reproductive history is a risk factor.

Studies have shown women who have more than the average number of menstrual cycles — women who menstruate early and those who undergo menopause later in life — are at increased risk of developing cancer.

But until now, scientists did not understand the molecular basis for why progesterone is involved.

"Our work establishes a direct connection between these hormones and the stem cells in the breast," said the study's principal investigator, Rama Khokha.

TORSTAR NEWS SERVICE

> **"Our work establishes a direct connection."**
> Rama Khokha

New ash cloud slows air traffic over British Isles

A new wave of dense volcanic ash from Iceland snarled air traffic yesterday in Ireland and Scotland and threatened to spill into the air space of England. THE ASSOCIATED PRESS

World

Chaos in Greece

Riots turn deadly, country comes to standstill

Deadly riots over new austerity measures engulfed the streets of Athens yesterday, and three people were killed as angry protesters tried to storm parliament, hurled Molotov cocktails at police and torched buildings.

Tens of thousands of people took to the streets as part of a general strike to protest new taxes and government spending cuts demanded by the International Monetary Fund and European countries before heavily indebted Greece gets a $141-billion US bailout package of loans to keep it from defaulting.

Three people died after being trapped in a burning bank along the main demonstration route in central Athens — the first deaths during a protest in Greece since 1991, when four people trapped in a burning office building were killed. Another five were rescued.

"A demonstration is one thing and murder is quite another," Prime Minister George Papandreou thundered in parliament during a session to discuss the spending cuts he announced Sunday. Legislators held a minute of silence for the dead.

GIORGOS NISSIOTIS/THE ASSOCIATED PRESS

A riot policeman runs from protesters angry over harsh new austerity measures, in Thessaloniki, yesterday.

"Nothing less than the future of Europe ... is at stake."
German Chancellor Angela Merkel on the potential effect of the Greek financial crisis on Europe

In Berlin, Chancellor Angela Merkel called the bailout critical for all of Europe. "Nothing less than the future of Europe, and with that the future of Germany in Europe, is at stake," Merkel told lawmakers. "We are at a fork in the road."

On the streets of Athens, demonstrators chanted "Thieves, thieves!" as they attempted to break through a riot police cordon guarding parliament.

THE ASSOCIATED PRESS

China's economic boom blamed for syphilis rise

ASIA Every hour a baby is born in China with syphilis, as the world's fastest-growing epidemic of the disease is fuelled by men with new money from the nation's booming economy, researchers say.

The easy-to-cure bacterial infection, which was nearly wiped out in China five decades ago, is now the most commonly reported sexually transmitted disease in its largest city, Shanghai.

57 With no mandatory routine screening in place for pregnant women in China, the rate of mother-to-child transmission jumped from seven to 57 cases per 100,000 live births between 2003 and 2008.

Prostitutes along with gay and bisexual men, many of whom are married with families, are driving the epidemic, according to a commentary published today in the New England Journal of Medicine. The increase reflects the country's economic growth whereby workers can afford paid sex.

THE ASSOCIATED PRESS

Pakistan doubts Taliban's Times Square claim

TERRORISM Pakistan's army does not believe the Pakistani Taliban were behind the Times Square bomb attempt as the insurgent group has claimed, a military spokesman said yesterday.

Relatives and friends of the Pakistani-American arrested in New York over the plot expressed surprise at his alleged involvement, saying he came from a respected family in a conservative part of the country and had previously shown no signs of militancy.

THE ASSOCIATED PRESS

News in brief

NIGERIA President Umaru Yar'Adua, long plagued by poor health, has died at age 58, almost three months after his vice-president assumed control of Africa's most populous nation, Yar'Adua's spokesman said. Yar'Adua died yesterday at the Aso Rock presidential villa with his wife at his side, spokesman Olusegun Adeniyi said. THE ASSOCIATED PRESS

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Comment

Mother (sometimes) knows best

Relating

Sofi Papamarko

metronews.ca/papamarko

Dear mom,

Bet you weren't expecting to read an open letter to you in my column this week.

I know you're a pretty private person and I certainly don't want to embarrass you by telling all of these nice people too much about how wonderful you are. That said, I want to take this opportunity to admit a few things that I'd never be able to say in person.

Because I'm stubborn.

Listen, you've been right about a lot of things over the years. You've been right and I've been wrong. Enjoy this, because I will never again concede to any of these points, either publicly or privately.

(Unfortunately, due to Mother's Day's proximity to tax time, you'll have to consider this your official present. Sorry.)

Ready? Here we go:

You were right to deny us a puppy. It would have grown into a dog. And the novelty would have worn off.

You were right about piano lessons. Even though I whined and complained about practising every day, I am glad that you forced us to learn how to play. Piano lessons taught me rhythm, emotion and patience — all things that I draw upon daily as a writer. Piano also instilled a lifelong appreciation for music. Thank you!

You were right about coasters.

You were right about mittens.

You were right about boys who aren't nice to their moms.

You were right about choosing my friends wisely. I am a better person for having chosen kind, smart, funny, thoughtful and generous friends. Thank you for encouraging the good friendships and judiciously raising an eyebrow at undesirables.

You were right about washing lacy bras by hand.

You were right to be overprotective. There's a lot of frightening stuff out there and there was no need for me to be exposed to any of it before I was ready.

You were right that choosing a partner will be the most important decision I'll ever have to make. So ... let me take my time.

You were right about spinach salad. (The jury is still out on broccoli salad.)

You were right about polka dots.

You are not right at all about pairing pantyhose with open-toed shoes, but nobody's perfect.

Happy Mother's Day!

Ti milvam, Tvoeto srce

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Conversation about sex needs to happen

BroadMinded

Melinda Mattos

metronews.ca/broadminded

By now, you've probably heard about the Ontario government's attempt to introduce a new sex ed curriculum.

The revised curriculum would have seen Grade 1 students learning the proper names of body parts. It would have taught Grade 3 students to respect "invisible differences" between people, like sexual identity and orientation; taught Grade 4 students about puberty; and mentioned oral and anal sex to Grade 7 students.

Some critics argue that the "graphic" curriculum would encourage kids to have sex earlier. But in a world where sex is used to sell everything from clothing to cars, kids are already getting that message. Shouldn't we provide some no-nonsense context to go along with the hypersexualized media they see every day? Besides, studies show that kids who are well-informed about sex tend to postpone having it.

Another sticking point is the Grade 3 mention of sexual identity. But what's got opponents' undies in a twist is really just a quick, PG lesson about respecting differences in others.

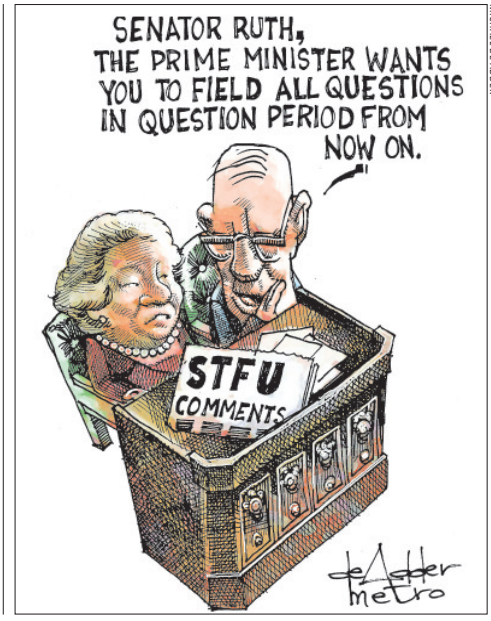
The province's sex ed curriculum hadn't been reviewed since 1998 and, while it's cliché to say it, times have changed. Kids are hitting puberty at a younger age and they're encountering sexually charged materials earlier, too.

When I hear opponents say Grade 1 is too young to be teaching kids the proper names for their genitals, I can't help but be amazed.

Imagine if you went the first six years of your life without being given the proper word for your hands or feet, stuck with goofy euphemisms (your "grabby grabber" or your "walky bits") or, worse yet, no words at all. How would you tell someone if something was wrong? How would you develop any sense of ownership? With silence comes shame and confusion.

Talking about sex isn't always easy, especially when kids are involved, but that's why it's part of the curriculum. If we want our kids to grow up to be healthy, happy adults who know how to protect and love their bodies, this conversation needs to happen — and it needs to happen early.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



MICHAEL DE ADDER

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Moody's may downgrade BP

Moody's Investors Service says BP's credit rating could face "downward pressure" because of the rig explosion and oil spill in the Gulf of Mexico. Moody's has revised its outlook for BP's rating from "stable" to "negative." THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Newsweek On sale now

CHARLES KRUPA/THE ASSOCIATED PRESS

Newsweek magazine is displayed on a newsstand yesterday at South Station in Boston. The Washington Post Co. is putting Newsweek up for sale in hopes that another owner can figure out how to stem losses at the 77-year-old weekly magazine.

Housing market to cool: TD Bank

The TD Bank says home sales will be significantly lower in the second half of this year and next — and prices are dropping too.

The new outlook is in accord with previous expectations, with the exception that TD now believes the slowdown from the current hot housing market to be sharper. The bank has kept its prediction for the number of units sold this year nationally at 475,000.

The bank says with home construction stronger than expected, the added supply will soon begin affecting prices.

The first half of this year has been hotter than expected, and the second half will be cooler, the bank says.

TD says it had expected existing home prices next year to gain a modest 1.6 per cent, but now believes they will actually fall about 2.7 per cent on average.

The bank also says prices will drop next year in seven of Canada's 10 provinces, with the three prairie provinces breaking the trend.

It predicted the greatest pullback would be in British Columbia, at 3.4 per cent, and Ontario, at three per cent.

TD said yields on Canadian government bonds — which underpin mortgage rates — have risen faster than expected.

THE CANADIAN PRESS

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Garnett misses practice

Boston Celtics forward Kevin Garnett is nursing a mild mid-foot sprain that has kept him out of practice. The Celtics and Cleveland Cavaliers are tied 1-1 in their best-of-seven Eastern Conference semifinal series. Game 3 isn't until tomorrow night, and coach Doc Rivers says he expects Garnett to play. THE ASSOCIATED PRESS

Sports

Tebow jersey top seller

Tim Tebow, left, already leads the NFL in one category: Jersey sales. His Denver Broncos No. 15 was by far the most popular on the NFL's website for April. His celebrity clearly trumps the debate over whether he will ever make it as an NFL quarterback after winning the Heisman Trophy and two national championships at Florida. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Bruins have Flyers on ropes

(Boston leads series 3-0)

Bruins 4 Flyers 1

VS

Blake Wheeler, Miroslav Satan and Mark Recchi scored for Boston in a 4-1 win over the Philadelphia Flyers that lifted the Bruins to a commanding 3-0 lead in the Eastern Conference semifinal series last night.

Patrice Bergeron scored an empty-net goal for the Bruins with 1:52 left.

Bruins goalie Tuukka Rask allowed a quick goal at the start, but finished with 34 saves. The Bruins can complete the sweep in Game 4 in Philadelphia on Friday night.

Wheeler and Satan scored 94 seconds apart in the first period to wipe out the Flyers' lead, and the Bruins never looked back. They won the first two games of the series at home — and the Bruins might not play in Boston again until the Eastern Conference finals. Arron Asham scored for the Flyers.

The Flyers' first home playoff game since April 20 had an unusual vibe from the start. There were large patches of empty seats and the normally rocking 20,000-plus was quiet from the opening faceoff.

Perhaps they sensed something.

The Flyers did give their fans a quick jolt, scoring first when Asham flipped the puck under a sliding Rask's glove only 2:32 in. It did more than give the Flyers the first lead of the game — it was their first lead of the series. And their last one of the night.

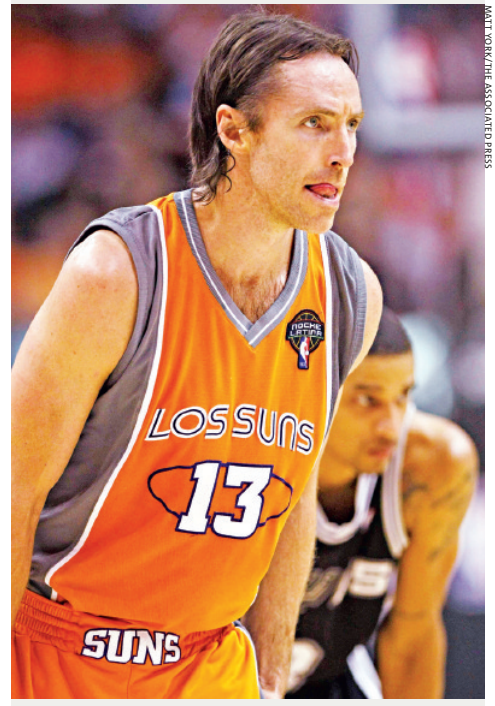
The Bruins took over from there, even as injuries forced centre David Krejci and Adam McQuaid out of the game. Krejci was levelled on a crushing hit from Flyers captain Mike Richards that actually led to Boston's go-ahead goal.

The loose puck was corralled by Milan Lucic, who got it to Satan for his fifth goal of the post-season and a 2-1 Boston lead.

The Bruins were outshot by a 2-to-1 margin most of the game. The Flyers had plenty of open looks, but they couldn't convert any rebounds against Rask.

THE ASSOCIATED PRESS

NBA Making a point



MATT YORK/THE ASSOCIATED PRESS

Phoenix Suns guard Steve Nash watches a foul shot as San Antonio Spurs guard George Hill looks on last night in Phoenix. Nash and his teammates wore 'Los Suns' jerseys on Cinco de Mayo in response to an anti-immigration law recently passed in Arizona.

Jays complete sweep of Indians

BASEBALL Adam Lind hit a two-run homer with two outs in the ninth inning to send the Toronto Blue Jays to a three-game sweep of the Cleveland Indians with a 5-4 win yesterday.

Lind homered after Cleveland shortstop Luis Valbuena's error on a grounder that could have ended the game.

Toronto's Fred Lewis doubled with two outs in the ninth for his third hit of the game. Aaron Hill followed with a slow roller that Valbuena botched for his first of two errors in the inning. Valbuena, usually the second baseman, has played shortstop the last two days while Asdrubal Cabrera nurses a strained left quadriceps.

THE ASSOCIATED PRESS

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7:08 p.m.: your dream girl says yes!

TD Canada Trust

RICH LAM/GETTY IMAGES

Vancouver Canuck Henrik Sedin is hit by Chicago Blackhawk Dave Bolland last night in Vancouver. Chicago won 5-2.

Blackhawks down Canucks

(Chicago leads series 2-1)

Blackhawks 5 Canucks 2

VS

Big forward Dustin Byfuglien scored twice on the power play and collected an assist as the Chicago Blackhawks defeated the Vancouver Canucks 5-2 last night to take a 2-1 lead in their Western Conference semifinal.

Neither of Byfuglien's goals were pretty. Both came off rebounds during scrambles in front of Canuck goaltender Roberto Luongo.

Byfuglien was given an assist on Patrick Kane's goal on a play where Luongo was driven into his own net by Byfuglien. The Canucks argued for goaltender interference but the goal stood.

Marian Hossa, who scored off the rebound of a Patrick Sharp shot early in the third period, and Kris Versteeg also notched Chicago goals.

Alex Burrows and Jannik Hansen scored for the Canucks.

Game 4 of the best-of-seven series will be played tomorrow in Vancouver. The series returns to Chicago for Game 5 Sunday.

The Canucks controlled much of the game but found themselves playing catchup after the Blackhawks climbed into a 2-0, first-period lead.

Byfuglien, who parks himself in front of the net like a battleship, gave Chicago a 3-1 lead midway through the second after Burrows was sent off for a foolish unsportsmanlike conduct penalty.

The big forward slipped the rebound of a Jonathan Toews shot past Canuck goaltender Roberto Luongo. Byfuglien celebrated by taunting the Vancouver crowd behind the net.

Burrows made amends for his earlier brain cramp by making the score 3-2 with just 54 seconds left in the period. He fired a wrist shot that seemed to handcuff Chicago's Antti Niemi. That brought the towel-waving, sellout crowd of 18,810 to their feet. THE CANADIAN PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 4 Philadelphia 1 (Bruins lead series 3-0)
Chicago 5 Vancouver 2 (Blackhawks lead series 2-1)

TODAY'S GAMES

Pittsburgh at Montreal, 5 p.m. (Penguins lead series 2-1)
San Jose at Detroit, 5:30 p.m. (Sharks lead series 3-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Phoenix 110 San Antonio 102 (Suns lead series 2-0)

TODAY'S GAME

Atlanta at Orlando, 6 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 5 Cleveland 4
Boston 3 L.A. Angels 1
Chicago White Sox 9 Kansas City 2
Minnesota 5 Detroit 4
N.Y. Yankees 7 Baltimore 5
Oakland 4 Texas 1
Tampa Bay at Seattle

YESTERDAY'S NL RESULTS

Atlanta 7 Washington 6 (10 ings)
Cincinnati 5 N.Y. Mets 4 (10 ings)
Houston 4 Arizona 2
Philadelphia 4 St. Louis 0
Pittsburgh 4 Chicago Cubs 2
San Francisco 3 Florida 2
Colorado at San Diego
Milwaukee at L.A. Dodgers

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7:09 p.m.: now you need the dream home.

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Next week: The second in our three-part Summer Decorating series with India Hicks

During the warm summer months, what do you do with your empty and unused fireplace? According to style icon India Hicks (Twitter: IndiaHicksStyle), display some beautiful wood logs.

Summer decorating in style with India Hicks

DecorMoment

Karl Lohnes

metronews.ca/decormoment

We kick-off our Summer Decorating series with an interview of a woman who knows much about warm weather decor and style.

India Hicks is the daughter of famed interior designer David Hicks, second cousin to Prince Charles, '80s fashion model for Ralph Lauren, host of Bravo TV's Top Design, a hotel owner and fragrance creator of Crabtree & Eveyln's Island Night & Island Living. British-born, she lives in the Caribbean full-time and has designed three guest homes plus a hotel with timeless look that depicts summertime living. India Hicks was visiting Canada last week and I had a chance to talk with her:

Q What are the key decorating elements for creating a summer-style house that can last throughout the entire year?

A Always try to bring elements of the outdoors to the inside of the house. Palm trees are key motifs for creating a summery Caribbean feel and are more dramatic than say, lots of brightly coloured flowers. Dark mahogany wood floors and a light cream/white colour scheme help add to the look.

Karl's tip: Don't mix too many different wood tones in one room; if choosing mahogany floors then also choose mahogany wood-toned furniture. Keep window treatments light and breezy; white linen draperies hung from dark wood curtain rods will help create a perfect summer look.

Q What is your favorite neutral paint colour?

A My colour choices are always changing. Right now, I am surrounding myself with grey tones. I painted the floor of my porch grey and everyone thought I was crazy; it is very soothing and of the moment. Benjamin Moore's Eternity (AF-695) is the perfect grey paint colour at this moment.

Karl's tip: Don't be afraid to paint just one room in your house all white (or a light neutral like grey). It can act as a cool getaway room from all the other rich colours throughout the rest of the house.

Q What is one must-have accessory we can add to our homes to create a summer look?

A A Crabtree & Evelyn's Island Living candle (she says with a proud smile). Its wrapped in a rattan storage box that can be used long after the candle has burnt away. I use the rattan boxes to keep pencils and brushes in my home office. You just don't just get a beautiful accessory, you also get a fragrance for the home.

Karl's tip: Make sure to choose the right type of scents throughout your home; cardamon, vanilla and orange work great in a bedroom; fresh citrus scents in a kitchen; floral scents in a living room or foyer and herbal scents in a dining area.

Q What would be an easy way to dress the inside of an unused fireplace during the summer months?

A Gather some beautiful wood logs to display. I have six perfect logs that are displayed in the fireplace during the hot weather. They get put away when the fireplace becomes operable throughout the winter months.

Karl's tip: Adding small bud vases amongst the logs during the summer months.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.

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HARMONY AWNING AND SHUTTERS PHOTO

If you're thinking of adding onto your home or condo, an easy first step is adding an awning. It will save your furniture and your money. Left: This European-style retractable awning is for a patio. Prices start at about $1800 including installation. Right: This side-arm awning is suitable to shade a window or balcony. Prices start at $500 installed. See harmonyas.com for retailers across Canada.

Is your home or condo ready for an awning?

HomeScape

Do you remember those painted aluminum awnings that often graced suburban windows a few decades back?

Well, awnings are back big-time. They've been updated too, and many have a sleek "euro" look that I just love. Imagine a striped Paris café awning, or a large red awning gracefully shading the beer garden of a flower-bedecked Swiss Inn, and you get the idea.

Doesn't it make you want to do this at your home? The good news is that you can, even if you are in Mississauga or Surrey or Peggy's Cove.

An awning is a structure that has traditionally been used to shade a window. It is attached to the outside of a window. It is usually made of waterproof woven material or canvas stretched over an aluminum frame.

These days, awnings can work for a number of different settings, not just for windows. You can shade a terrace, deck or patio with a large retractable awning or provide shade on a balcony or on a large vertical condo window. Ditto for a pool or Jacuzzi. You can shade a glass-topped conservatory or even set up a free-standing shade awning in your yard.

Besides shade and cooling, benefits include energy savings in indoor spaces that are shaded, and protection from sunburn, rain showers and a chilly breeze. Keeping the sun out of your home also means a longer life for upholstered and wood furniture, which will fade out under sunlight over time. Keep in mind that an awning naturally takes advantage of the fact that it is much more efficient to cool a house by shading a window on the outside, before heat even enters the house. And finally, awnings are flexible, allowing you to attach a side flap or even install screens to keep bugs out, if desired.

And does it look sharp, or what? These awnings are a stylish and attractive addition to any home, and can add good looks to traditional spaces as well as contemporary digs. Stripes look wonderfully crisp and nautical, and red, orange or yellow canopies produce a skin-flattering warm tone.

Awnings come in several different types. You can stretch out an awning on a retractable lateral arm, going out as far as 18 feet, and as long as 30 feet. These are meant for patios or decks. A side or drop-arm awning with a roller on top and spring-loaded side arms is meant for balconies or windows.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Homes in **Style**

When in doubt **go stainless**

JENNIFER BILL
for Metro Canada

Stainless steel has long been one of the most popular themes in which to decorate a kitchen. It's modern, relatively easy to maintain, sanitary and flexible.

"It's part of a general trend with decor with a slightly more institutional and industrial look," says Margot Austin, senior design editor at Style at Home magazine. "Stainless steel adds some sheen and texture and certainly some light reflection as well."

She says bathrooms of late have also been embracing stainless steel with bathtubs and the odd toilet.

"It's funny because people think of it as a cold metal but it's very smooth. It looks different than it performs — it gives a cold industrial look but feels satiny to the touch."

Check out this line of kitchenware from Urban Barn: The Axis Whisk & Ceramic Stand Set, left, in stainless steel and also ceramic, is for cooking, baking and everyday making, $17. Sleek and futuristic, the Flying Saucer Salt & Pepper Set, above, will make any table spin, $20. Lightweight and stylish, the Axis Stainless Steel Pitcher, right, is an original piece for your home for everyday use and to wow your guests, $40. Urbanbarn.ca.

This ornate metal Foundry Soap Dish props up slick, bubbly bars. Anthropologie, $24, anthropologie.com.

Right: The Roving Rays classic desk lamp has a gleaming silvery shade and an arm that flexes and bends to illuminate your pages. Anthropologie, $598, anthropologie.com.

Above: Say ah! This sleek metal swivel Vintage-Inspired Dentist Lamp casts a soft glow atop comfy couches and reclining chairs alike. Also comes in iron, aluminum, glass. Anthropologie, $4,341, anthropologie.com.

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Understated and elegant, the Fluted Pendant Lamp has a frilled shade of antique silver that provides a soft counterpoint to the lamp's clean, modern functionality. Anthropologie, $288, anthropologie.com.

When renovating, remember:
"Maximizing the productively used space in your home, you not only improve your comfort and quality of life, but you also increase the overall value of your house." –David Flood NEWS CANADA

Renovating easier than you think

Do you struggle to fit everything, not to mention everyone, into your home? Meeting your family's growing needs can be a challenge, especially with several generations — and lifestyles — under one roof. But there is good news. Consider a renovation project this spring. Think how you can increase your living and storage space, while making your home more comfortable and saving money.

Taking a thorough look at different parts of your house will help you identify areas that are underutilized. Re-organize them into functional and comfortable living spaces. For example, consider adding a sunroom or an extra den for your teenage daughter or son. Or, how about a family room, a game room, an additional quiet bedroom or even a workshop? Thinking creatively about your home, you can add comfort and save money, while meeting the interests and needs of every member of your family.

"Maximizing the productively used space in your home, you not only improve your comfort and quality of life, but you also increase the overall value of your house," says David Flood, insulation expert at Owens Corning.

To begin, always make sure the areas you are planning to renovate have adequate insulation. From the attic to the basement to the game room to a sunroom addition, there's an energy-saving PINK insulation product for every renovation project in your house.

Owens Corning recommends installing INSULPINK insulation batts for your basement walls, while QuietZone acoustic batts can help minimize noise.

In addition, adequate insulation is a great way to ensure you are maximizing the energy efficiency in your home, and can help you save on energy bills. And, last but not least, with PINK insulation products, made from recycled content, you will help turn waste into useable products.

For more savings, there are federal, provincial and some municipal governments that offer funding for homeowners who complete energy efficient renovations. Some energy utilities offer additional funding.

With all these reasons to expand your living space, stop waiting and start insulating. More information on grants and incentives can be found online at showmethegreen.ca.

More information on how to insulate is available at owenscorning.ca.

NEWS CANANA

NEWS CANADA PHOTO

Do you have a big family and are forced to house many different personalities under one roof? If so, perhaps it's time to expand your living space with a home renovation.

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Mother's Day GIFT GUIDE

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Make it extra special

#1

#2

#3

#4

#5

#6

#7

#8

#9

#10

#1 For a good cuppa

Visit: chapters.indigo.ca
Bon Matin Tea Collection. Glazed porcelain, 24K gold accents, $49.99.

#2 The gift of Hollywood

Visit: scene.ca
Buy her favourite movie or use 1,000 Scene points and treat her to a film.

#3 Frugal fashionista

Visit: oldnavy.com
This metallic Bauble Sandal is available at Old Navy for $26.50.

#4 Wrap her in style

Visit: oldnavy.com
Butterflies lend a touch of spring to this colourful scarf, $14.50

#5 Time to spoil mom

Visit: lush.com
The Mum Hatbox is full of seven indulgent bath and body treats, $49.95.

#6 Bright and cheery

Visit: oldnavy.com
This colourful Broomstick Dress is available for $34.50 at Old Navy.

#7 Tender tootsies

Visit:dearfoams.com
Mom will appreciate slipping off her heels and into these slippers, $18.

#8 Sweet scent

Visit: thebay.com
This Laura Ashley ginger and lime candle is made with essential oils, $14.99.

#9 Silver and shine

Available: at Swarovski stores
Put a little sparkle in her bag with this Swarovski key chain, $110.

#10 Jungle boogie

Visit: melanielyne.com
Zebra tote with gold tassel detail at all Melanie Lyne stores, $50.

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Beauty gifts for mom

From the sweetly thoughtful to simply sublime

JANINE FALCON
for Metro Canada

Notes of Appreciation

Guerlain Aqua Allegoria Flora Nymphea, lush with lilac, orange and honey, $58 at department stores; **Lise Watier Summer Neiges**, sweet with dewy lotus flower and jasmine, $45 via lisewatier.com; **Marc Jacobs Splash** in Apple, (shown) Biscotti or Pomegranate, inspired by patisserie-shop delights, $80 each at Holt Renfrew and Sephora.

Skin Savers

Upper Canada Fruit Frappé Dry Oil in Pear with Mangosteen (shown), fruity-fragrant and made without mineral oil; $13 via uppercanadasoap.com.

Steam Cream, collectible tins of a soft, steamed blend of mostly natural ingredients including almond and jojoba oils (shown); $19 at Murale.

Happy Face

The Soap Girl natural face masque powder with lactic acid — mix with water, milk or yogurt, depending on your skin type (shown); $22 via thesoapgirl.ca.

Skinceuticals Retexturizing Activator, a potent smoothing serum that boosts moisture levels, too (shown); $80 via 1-877-238-8754.

Origins A Perfect World SPF 25 Age-Defense moisturizer supercharged with powerfully antioxidant Silver Tip White Tea (shown); $48 at select The Bay locations and via origins.com.

Eye Lights

Chantecaille Les Dauphins limited-edition palette of eyeshadows (and a blush), which earmarks five per cent of sales for dolphin protection (shown); $95 at Holt Renfrew.

Cheek Thrills

Mary Kay Cheek Glaze in Pomegranate, a beauty hit with omega-rich soybean and watermelon seed oils, for a perfect, natural glow on all skin-tones (shown); $20 via marykay.ca.

Giorgio Armani Blushing Fabric Second Skin Blush, sheer tints with a velvet finish; $45, at Holt Renfrew

Lip Treats

LUSH Sugar Lip Scrub in Bubblegum, Mint Julips (choco-peppermint) and Sweet Lips (choco-vanilla), made with castor sugar and organic jojoba oil (shown); $8.95 each via lush.ca.

L'Occitane Peony Liquid Lip Shine in Eté Indien, part of a limited-edition, paraben-free makeup range with skin-softening peony extract; lip shine $20 via l'occitane.ca.

Clarins Instant Smooth Crystal Lip Balm in Crystal Red, wax-free conditioning in a transparent, just-been-smooched hue (shown); $27, at Shoppers Drug Mart Beauty Boutiques and department stores.

Tress Management

Ojon Revitalizing 2-Min Hair Mask, speedy, in-shower deep conditioning for busy moms (shown); $38 at Murale and ojon.com.

Kerastase Chronologiste, a super-luxe best-of-the-best treatment that delivers seriously superior soft, glossy locks; $75 per in-salon session, $150 per 10-treatment home kit (shown), 1-866-kerastase.

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Just For You
Spasation Manicure
Spasation Pedicure
Hot Paraffin Hand & Foot Treatment
$130.00

Spring at the Spa
Aroma Steam,
30 Minute Classic Massage
Pear & Green Apple Sugar Scrub
$160.00

Spasation Retreat
Spasation Manicure
Spasation Pedicure
Spasation signature facial
Womens shampoo & style
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Together
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2 - Spasation Manicure • 2 - Spasation Pedicure
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Manuel's runway outfits for sale

American's Next Top Model judge Jay Manuel will auction off part of his private colleciton of the designer looks on eBay through a partnershp with Auction Cause. The auction begins next Thursday and runs until May 23. METRO NEWS SERVICES

Style

Freestyle fashion

From the heiresses in the 1890s to the screen sirens of the 1940s — and, really, into the 21st century — it was American style icons who helped move fashion forward with new standards of beauty, sexuality, power and art, even if many of the best couturiers lived and worked across the Atlantic. The Metropolitan Museum's Costume Institute celebrates this influence in its new exhibit American Woman: Fashioning a National Identity. Pictured left: Evening gowns part of the Screen Siren collection. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

All stacked up

The low-down on how to layer jewelry

HEATHER BUCHAN
for Metro Canada

When it comes to the latest jewelry trend — layering and stacking — there's a fine line between looking fashionable and looking, well, junky. Here's the low-down on how to layer your jewelry like a pro.

According to Banana Republic spokesperson and trend expert Tara Wickwire, the key to pulling off the layered look is to focus on one area. "Either focus on your wrists, your neck, or your hands," she advises. "Don't do it all at once."

Above: Overlay stretch bracelet, $42. Right: Greek Isle Stretch bracelet, $73, Both available at liasophia.ca

Another important rule is to keep your metals in the same metal family, so mix silvers and pewters or mix golds, but avoid mixing the two.

And, finally, if you're sensing that you're overdoing it, Wickwire says to start over from scratch. If you're not comfortable with what you're wearing, other people will notice and that's never a good look.

NECKLACES

When it comes to necklaces, Wickwire recommends experimenting with different lengths and sizes. "When you mix lengths, it looks layered but big pieces aren't competing with each other," she says.

Start with a statement piece such as a thick graphic necklace with big stones or baubles, then add complementary pieces such as a few simple gold or silver chains in varying lengths. "You can almost make them all looks like one piece when you put a few together," adds Wickwire.

Add a punch of colour to your jewelry layering with the new Swatch Color Code watch collection. The watches are $55 each at Swatch Boutiques and retailers across Canada.

RINGS

"There's a number of finer small bands, bands with small stones in them, and those are definitely the ones you can have fun layering," explains Wickwire. However, keep this rule in mind: stick to layering rings on one finger.

Wearing multiple rings on multiple fingers definitely starts looking overdone and verging on cluttered.

Experiment with different coloured stones and varying bandwidths for added interest.

BRACELETS, CUFFS AND WATCHES

With bracelets, think about really adding variety to the mix. "Try mixing bangles with a chain bracelet, a small cuff and a leather piece or two," says Wickwire. "And have some fun layering your bracelets with your watch."

With larger cuffs, Wickwire believes it's best to keep it simple and not layer them with other bracelets. "It can otherwise become a bit distracting," she says. But, you could take a queue from the late fashion icon Diana Vreeland and wear chunky matching cuffs on each wrist.

Multi-strand necklace, $95, Banana Republic

Paloma's Sugar Stacks ring (ranging from $1,500 to $2,250 each), Tiffany & Co

TOP 5 DOCTORS
RECOMMENDED BY METRO READERS

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DR. STANLEY MAH
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DR. LENA KIM
"She is always reliable and takes the necessary time to really listen to me as a patient."

DR. KAREN BIDNIAK
"She remembers what we discussed at the last visit and follows up on all concerns."

DR. MARIUSZ SAPIJASZKO
"He was friendly and provided information in a positive manner."

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GNC CLA 1000 mg (120 cap)
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Progressive Phytoberry (900 g)
HOT BUY $48.99

AllMax Nutrition
QuickMass (10 lb)
HOT BUY $59.99

Pro Performance Whey ISO Burst
HOT BUY
2.2 lb - $29.79
6 lb - $67.79
10 lb - $104.79

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3.5 lb - $24.79
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15.9 lb - $87.79

Pro Performance Maximum Whey
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5 lb - $38.79

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Dempsey signs on for Tranformers

Patrick Dempsey is handing in his scalpel for some heavier machinery. The Grey's Anatomy star, 44, told Brazilian reporters he has joined the cast of Transformers 3, according to website BOL Noticias. TVGUIDE.COM

Entertainment

Cause of death

Corey Haim died of pneumonia, not drug abuse, according to an autopsy report released by the Los Angeles Coroner's office.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Broken Record a work of art

Broken Social Scene latest album, Forgiveness Rock Record, deserves the sort of study that university courses are built around.

Broken Social Scene

Album: Forgiveness Rock Record
Label: Arts & Crafts
Rating: ●●●●½

CANADA'S INDIE BRAIN trust returns with its everything-plus-the-kitchen-sink approach to alternative rock. Last time 'round the musical family brought together by Broken Social Scene chief instigators Kevin Drew and Brendan Canning often sounded like siblings bickering across the Thanksgiving dinner table. At times, it was little more than frayed cacophony. All is forgiven, however, at Forgiveness Rock. The indulgent excesses remain — why use nine musicians when there's 22 available, or just Feist when you can have Emily Haines and Amy Millan, too? Nonetheless, the 14 tracks here are carefully sculpted aural pleasures. Collectively, they're as close to a Canrock masterpiece as you can get. This record deserves the sort of study that university courses are built around. Then maybe we can get answers to questions like ... what's that car alarm doing in the background of World Sick?

Graham Rockingham/for Metro Canada

The New Pornographers

Album: Together
Label: Last Gang
Rating: ●●●●

INDIE KIDS WOKE up this week to find themselves smiled on by the rock gods. New releases from both Broken Social Scene and The New Pornographers in the same week? While BSS is a contender for "masterpiece" distinction, the NPs fall just short. The power chords and bits of Beatlesque psychedelia are in all the right places while Neko Case sings with girlish charm and A.C. Newman injects his twisted sense of mirth throughout. And perhaps this is the problem. There's just a few too many nods and winks going on here, almost as if they're afraid of taking themselves too seriously. But maybe that's the whole point? Why else would you write a song called Valkyrie in the Roller Disco?

Graham Rockingham/for Metro Canada

Justin Rutledge

Album: The Early Windows
Label: Six Shooter/Warner
Rating: ●●●½

IF YOU WANT anyone to have a co-write on a record, it's probably Booker Prize winning author Michael Ondaatje. Toronto's Justin Rutledge lucked out when the author approached him to collaborate, but while he provided some lyrical depth, it's Rutledge who makes this record shine. As usual, the singer songwriter's rootsy tunes are filled with passion and precision — opener Jack of Diamonds is a warm country track, while he turns up the heat a bit on the driving The Heart of A River.

Bryan Borzykowski/for Metro Canada

The Hold Steady

Album: Heaven is Whenever
Label: Vagrant/Universal
Rating: ●●●●

THE HOLD STEADY have been making bar band-approved rock 'n' roll for six years, and while all their discs have received rave reviews, it's this fifth one that's their pièce de résistance. The album isn't much of a departure from the band's Weakerthans-meets-Tragically Hip rock, but the songs are crisper and more laid back. Opener The Sweet Part of the City's epic slide guitars are contrasted by Craig Finn's subdued vocals and the back and forth between passionate instrumentation and relaxed songwriting continues from there.

Bryan Borzykowski/for Metro Canada

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Iron Man is missing in action

Iron Man 2

Director: Jon Favreau
Stars: Robert Downey Jr., Scarlett Johansson
Classification: PG
Rating: ●●½

NED EHRBAR
Metro World News

Iron Man 2 opens not with a bang but with a whimper, as Mickey Rourke's Ivan Vanko — later to become villain Whiplash, weeps over his dying father in a cluttered Moscow apartment.

It's a big risk for an action tentpole, but one a filmmaker like Jon Favreau can make riding a wave of goodwill after the franchise's critically and commercially successful first chapter two years ago. Unfortunately, Favreau and company spend the next two hours squandering all that good will. Not Rourke, though. As Whiplash, he's fantastic, a mostly silent supergenius with a revenge-obsessed one-track mind.

The problem is he isn't in the movie nearly enough. And his big showdown the film builds toward comes and goes far too quickly.

Another face that doesn't get nearly enough screen time is Iron Man himself. While Tony Stark (Robert Downey Jr.) is the obvious heart of the story — and while more Downey screen time is rarely a bad thing — he's so rarely in the suit that the film's title feels like false advertising.

Also, the line between Robert Downey Jr. and Tony Stark is quickly disappearing. It doesn't help that his first two scenes in the film take place in front of an adoring audience, helpfully laughing at all his jokes so moviegoers know how charming he is.

But perhaps the film's primary problem is that it sidelines its main hero and villain, both Stark and Whiplash sequestered in their labs tinkering while supporting characters carry on without them. But among those supporting characters left to move the story without them, there are some enjoyable nods.

Sam Rockwell nearly steals the film from Downey as Stark's jealous competitor, while Scarlett Johansson proves a surprisingly good superhero as Black Widow.

• For Iron Man 2 trailer, screentimes and photos, visit metronews.ca/movies

Screentimes

• Clareview 10 Cinemas: No Passes 12:01; City Centre 9 Cinemas: No Passes 12; North Edmonton Cinemas: No Passes 12:01; South Edmonton Common: No Passes 12:05

Robert Downey Jr. reprises his superhero role in Iron Man 2.

Top Chef judge named ... America's top chef

Top Chef judge Tom Colicchio, whose numerous restaurants include Craft, Craftsteak and the recently opened Colicchio & Sons in New York, passed a quickfire challenge of his own Monday when he was named the top chef in the U.S. by the James Beard Foundation. THE ASSOCIATED PRESS

Urban Foodie

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Something fishy in the state of Edmonton

CHRISTOPHER THRALL
edmontonurbanfoodie@gmail.com

Brits Fish & Chips
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britsfishandchipsab.com

Rating: ½
Dinner for two with drinks: $50
Signature Dish: Two-piece Cod Full Meal Deal ($15.40)
Signature Drink: Fuller's London Pride Ale ($7.50)

Don't go expecting anything but the best fish and chips in Edmonton: if it ain't deep fried, Brit's Fish & Chips ain't interested.

We decided on a cod Family Special ($51.70) to feed our growing clan. Our side dishes were delivered almost immediately, and I had my first experience with mushy peas.

On the web

- Get recipes and more great food content at metronews.ca/recipes

They look exactly like they sound, but their green flavour was delightful. Between tastes, I tried my imported Abbotts Ginger Beer ($3.20). I enjoyed the sharp, almost spicy flavour, but the combination of ginger and carbonation was a stab at my sinuses with every sip!

The rest of our order arrived quickly — deep frying being no slow process — and my arteries clanged shut.

A bottom layer of fries hid beneath eight battered cod strips, crowned with a heap of onion rings. I fired ketchup onto my plate with my left hand, tartar sauce with my right, and dug in.

Light, crisp batter with only a hint of oiliness accompanied every mouthful. It was a crunchy, messy pleasure to carve our way into the daunting heap of food!

We ended up taking almost half home with us for another full meal. We didn't even linger for the tempting dessert menu. However, maybe next time, I'll try to sneak a deep fried Mars bar…

FLICKR: AUSTINEVAN

Fuller's London Pride Ale ($7.50).

CHRISTOPHER THRALL/FOR METRO EDMONTON

Our beige mountain of deep-fried fantasy, the Family Special ($51.70).

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Pear Tart Art.

Dining out

MOMS Who is offering Mother's Day extravaganzas? OpenTable.com features a host of restaurant specials available for brunch, lunch or dinner — the added benefit is that you can book a table right there.

WINE WEDNESDAYS Some of the terrific places to take Mom include Culina Highlands' three-course, $35 prix fixe dinner, Sabor Divino's Family-Style dinner with a free Bellini for Mom, or a $17 brunch duet at one of L'Azia's two locations. CHRISTOPHER THRALL/ FOR METRO EDMONTON

In brief

FOOD BANK Canadian Progress Club is organizing Canstruction 2010 — a design and build competition of giant sculptures using canned foods — at Southgate Centre. The cans are given to Edmonton's Food Bank. Starting Saturday until May 23, bring a Food Bank donation. For more info go to: canstructionedmonton.com.

BIG BROTHERS Little Brothers and Sisters will be at select COBS bakeries in Edmonton until May 12 to help sell scones and chat with customers about the organization. Fifty cents from the sale of every scone will be donated to Big Brothers Big Sisters of Edmonton agency. CHRISTOPHER THRALL/ FOR METRO EDMONTON

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/6/10	2	CFRN	239	318	The Vampire Diaries (N)		The Mentalist "18-5-4"		CSI: Crime Scene Investigat'n		Grey's Anatomy (N)		CTV News
	3	KHQ	-	370	News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Marriage Ref
	4	CBXT	-	307	NHL Hockey		CBC News	Laughs	Doc Zone		CBC News: The National		The Hour
	6	KREM	-	372	News	Access H.	The Doctors (N)		Survivor: Heroes vs. Villains		CSI: Crime Scene Investigat'n		The Mentalist
	7	CKEM	241	347	Law & Order: SVU		The Marriage Ref (N)		Community (N)	Parks/Recreat	Curb-Enthsm	30 Rock	EP Daily
	8	CITV	240	339	ET Canada	Entertainment	90210 "Meet the Parent"		Survivor: Heroes vs. Villains		The Office (N)	'Til Death	News Hour
	11	OMNI	-	-	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Coach
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward (HDTV) (N)		Grey's Anatomy (N)		Private Pract.
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)		Fringe (HDTV PA) (N)		News
	22	KSPS	-	374	PBS NewsHour (N)		Row Hard No Excuses		New Tricks		MI-5		Soundstage
	24	WTVS	-	364	Ask This Old	Michigan Out	Casebook-Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N)	
	15	CBCN	502	-	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Doc Zone
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	70	BNN	504	508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	20	TSN	400	400	NHL Hockey		SportsCentre (HDTV) (Live)			Off the Record	Boxing		
	23	net	408	418	(6) MLB Baseball Toronto Blue Jays at Chicago White Sox.				Sportsnet Connected (N)		Sportsnet Connected (N)		MMA Conn
	47	SPEED	417	406	Pinks -- All Out (HDTV)		Pinks -- All Out (HDTV)		Pass Time	NASCAR Hub	Fast Track to Fame (HDTV)		Pinks -- All Out
	94	SCORE	410	403	Score Now		Score Now		Score Now		Score Now		Score Now
	9	EDACC	267	351	Alberta Primetime (Live)		(8:01) Private Practice		FlashForward (HDTV) (N)		Fringe (HDTV PA) (N)		Primetime
	14	YTV	552	543	iCarly	To Be Indie	That's-Weird	Family Biz	Ruby/Rockits	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	17	TREE	553	546	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	42	TOON	555	545	Jimmy Two	Johnny Test	Spliced (N)	Total Drama	Stoked (N)	6TEEN	Futurama	King of the Hill	Futurama: Ben
	45	FAM	557	541	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	Marché	Histoires-filles	Devine qui ★★ (2005, Comédie) Bernie Mac, Zoe Saldana.				TVA nouvelles
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Unstable	Amer. Funniest Home Videos		Reba
	25	A&E	615	520	The First 48 (HDTV) (N)		Fugitive Chronicles (N)		Fugitive Chronicles		(10:01) The First 48		The First 48
	26	MMM	571	581	mmtop10.ca		Bono and the Edge		Family Jewels	Wild 'n Out	Bono and the Edge		Family Jewels
	29	FOOD	603	561	Ultimate Recipe Showdown		Ace of Cakes	Ace of Cakes	Bitchin	Brian Boitano	Diner, Drive-In	Unwrapped	Ult. Recipe
	31	SHOW	617	522	Trailer Park	Trailer Park	Relic Hunter		The Last Trimester (2006, Suspense) Chandra West.				NCIS
	32	DISC	520	505	(6) Cosmic Collisions		MythBusters		Daily Planet		Cosmic Collisions Meteors and asteroids.		
	33	SLICE	601	562	Last 10	Last 10	X-Weighted "Madison"		ET Canada	What Happen?	Real Housewives, Orange		Housewives
	34	W	602	567	House-Sell	House-Sell	Supernanny		Love It or List It "Ethier"		Confidential	Confidential	Divine Design
	35	TLC	521	560	The Imploders (N)		Heavy Haulers (N)		The Imploders (HDTV)		Heavy Haulers (HDTV)		Police Women
	36	BRAVO	620	523	Manufactured Landscapes ★★★ (2006, Documentary)				Law & Order "Tabloid"		Without a Trace		My American
	38	SPIKE	628	584	(7:05) TNA Wrestling (HDTV)				(9:05) Jail	EA-Gaming	(10:13) The Transporter ★★ (2002, Action)		
	39	AMC	-	-	(6) The Outlaw Josey Wales ★★★ (1976, Western)				Warlock ★★★ (1959, Western) Richard Widmark, Henry Fonda.				
	40	HIST	522	506	Ax Men (HDTV)		Ancient Discoveries		Re-Inventors	Re-Inventors	Ax Men (HDTV)		Ancient Dis.
	41	COM	626	547	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin
	43	SPACE	627	528	V "Hearts and Minds"		Lost "The Candidate" (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	44	WPCH	294	650	Law & Order: SVU		Seinfeld	Seinfeld	Phantoms ★★ (1998, Horror) Peter O'Toole.				Phantoms
	46	OLN	411	457	Operate-Repo	Operate-Repo	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	48	TROP	619	525	Planet Soap	Comeback	Reality	What Happen?	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show
	50	STAR	621	527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ	etalk	Access H.	Extra	Dr. Oz Show
	52	HGTV	600	564	House-Bryan	Real Renos	House Hunters	House Hunters	Holmes Inspection		House-Bryan	Real Renos	Holmes/Homes
	65	TLN	700	800	1998 FIFA World Cup		George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond	Paid Program
	92	APTN	269	350	Wapos Bay	By the Rapids	Call of the Wild "The Attack"		Whale Rider ★★★ (2002, Drama) Keisha Castle-Hughes.				By the Rapids
	93	VISION	261	394	Scar Tissue (2002, Drama) Roberta Maxwell, Shawn Doyle.				Of Fatwas and Beauty Queens		Bonnie and Clyde (1967, Crime Drama)		
	100	MTV	581	566	Nitro Circus	Ultimate Parkour Challenge		Ultimate Parkour Challenge (N)		Movie Night	Nitro Circus	Ultimate Parkour Challenge	
	101	MM	570	580	Muchmsc Ctdn	Video on Trial	Video on Trial	Video on Trial	UR11		Muchmusic Countdown		
	102	CPAC	512	396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526	507	Medium "Four Dreams"		Cold Case (Part 1 of 2)		Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126	730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes		Le Téléjournal
	161	SUPER			American Pie Presents: The Book of Love			(8:45) Polar Storm (2009, Science Fiction)				Aussie & Ted Adventure	

critics' corner

The Office

A suspicious Michael (Steve Carell) thinks his girlfriend, Donna (guest star Amy Pietz), is cheating on him and asks Dwight (Rainn Wilson) to investigate. Andy (Ed Helms) becomes frustrated when no one takes his customer's complaint seriously in the new episode "The Cover-Up." John Krasinski and Jenna Fischer also star. 10 PM on CITV KHQ

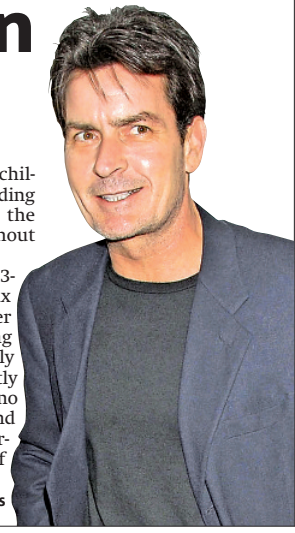
Manufactured Landscapes

You may never look at an oil rig, a tire dump or a set of railroad tracks the same way again after seeing the work of Edward Burtynsky. In this documentary, filmmaker Jennifer Baichwal follows the Ontario-born photographer to China, where he turns his lens on the Shanghai cityscape, giant factory floors and the enormous Three Gorges Dam, finding a strange beauty in the man-made and mundane. 7 PM on BRAVO

Supersize me!
It seems Heidi Montag's 13 plastic surgeries weren't enough, after all — Spencer Pratt says his wife wants to enlarge her breasts again, the new issue of Life & Style reveals. METRO NEWS SERVICES

Celebrity Buzz

Sheen stepping down as dutiful daddy?



MAY AS WELL MAKE IT LEGAL Charlie Sheen has reportedly surrendered custody of his daughters, femalefirst.co.uk reports.

The Two and a Half Men actor signed a written agreement two weeks ago to give ex-wife Denise Richards full custody of six-year-old Sam and four-year-old Lola, to replace the shared arrangement they currently have.

Gossip website TMZ reports the actress wanted full legal custody due to her former spouse's current marital problems with wife Brooke Mueller, his struggle to stay sober and the criminal charges he is faced with following his arrest for allegedly attacking Brooke last Christmas Day.

Although Sheen willingly signed the documents, they have not been filed with the court yet.The agreement means Richards, 39, can now make medical, schooling and other important decisions regarding the children's welfare — including taking them out of the country — without Sheen's approval.

Sheen — who has 13-month-old twins Max and Bob with Mueller — is currently living away from his family but the couple recently stated they have no plans to divorce and want to save their marriage for the sake of Max and Bob.

METRO NEWS SERVICES

Here's one thing Ryan can commit to

TATTOOS — PAINFUL AND PERMANENT. OR YOU COULD JUST PUT HIS MOVIES ON REPEAT TO GET THE SAME EFFECT While he hasn't had the best luck in relationships, after his divorce from Reese Witherspoon and recent breakup with Abbie Cornish, Ryan Phillippe can at least find solace in tattoos.

"Tattoos are like a map to your life," the actor tells Inked magazine. "Permanence is bravery. So many things in our lives aren't permanent. Nothing lasts forever." METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

JUSTIN BIEBER doesn't want people thinking he's stupid, **ELIZABETH BANKS** is getting superstitious, and **JEREMY PIVEN** knows he's been acting odd.

@justinbieber because I thought this interviewer in NZ said "Jewman" instead of "German" people think I dont know what German is?

@ElizabethBanks Spilled salt at lunch and just accidentally walked under a ladder (while texting). If I see black cat, then I'll know I'm really in for it.

@jeremypiven Ok for the record if u see me walking in circles and mumbling I'm just preparing so have mercy.

GETTY IMAGES

METRO NEWS SERVICES

Be excellent to each other

AND SO THEY WERE Charlize Theron has been spotted kissing Keanu Reeves, reports British website femalefirst.co.uk

The pair — who played lovers in 2001 movie Sweet November and also starred together in The Devil's Advocate — stunned onlookers with their intimate embrace as they left a Beverly Hills restaurant on Monday, before breaking apart when they realized they had been spotted.

A fellow diner at upscale eatery Bouchon revealed Theron, 34, and Reeves, 45, were enjoying each other's company and seemed in no hurry to end their date, tasting several red wines before selecting a bottle and indulging in several snacks before starting their meal.

"Keanu and Charlize were having a great time," the onlooker told website hollywoodlife.com.

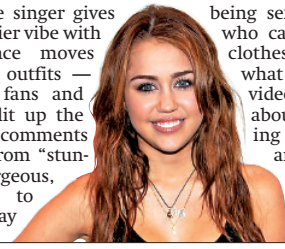
"They were constantly laughing, almost disrupting other tables with how loud they were."

METRO WORLD NEWS

They grow up so fast

LET'S JUST HOPE NOT AS FAST AS BRITNEY The online reaction to Miley Cyrus's new video Can't Be Tamed, well, can't be tamed, people.com reports.

Within hours since the sexy new video — in which the singer gives off an edgier vibe with racy dance moves and bold outfits — debuted, fans and bloggers lit up the Web with comments ranging from "stunning, gorgeous, fierce" to "wow way too much for someone her age."



"It is a sexy video, you can't take that away from it," Cyrus, 17, told E!'s Ryan Seacrest.

But "it's not the premise … The video is not about being sexy or about who can wear less clothes. That's what every other video about. It's about explaining the song and living the lyrics."

METRO NEWS SERVICES

Fond memories

WHEN LINDSAY COMMANDEERED A CAR TO CHASE SOMEONE DOWN *SIGH* After a night of partying with her mom, Lindsay Lohan finally made it to a deposition related to her 2007 DUI arrest, according to E! News. The court date was Lohan's last chance to appear, though she arrived at the courthouse 22 minutes late. Lohan is being sued by three passengers who claim she kidnapped them and hijacked their car to chase her former assistant's SUV.

"Lindsay sat through an absurdly long deposition, and answered every question truthfully and honestly," her lawyers says. "We are anxious to go to trial so that she will be vindicated once and for all."

METRO WORLD NEWS

Wanted: Fact checkers for Hollywood

A QUICK IMDB SEARCH GOES A LONG WAY Julia Louis-Dreyfus almost had the unveiling of her star on the Hollywood Walk of Fame ruined by some poor spelling, with her tile mislabeled as "Julia Luis Dreyfus."

A CNN producer, David Daniel, noticed the error and contacted the committee in charge.

"It turns out Louis-Dreyfus thought the mistake was hysterical, and wanted them to leave it, but they'd already chiseled out the 'Luis' and put a temporary 'Louis-' in its place for the unveiling," Daniel says.

METRO WORLD NEWS

Enjoying the finer things

LIKE EATING MUSH AND HALF-STARVING YOURSELF. FUN! Jennifer Aniston is the latest celebrity to take on trainer Tracy Anderson's baby food diet, according to Hollyscoop.

The cleanse consists of eating 14 small portions of pureed food a day, followed by a normal dinner.

"I developed a cleanse where you can still eat and it's a lot of puree foods," Anderson tells the website.

"I was very careful about the foods I chose to put in it."

METRO WORLD NEWS

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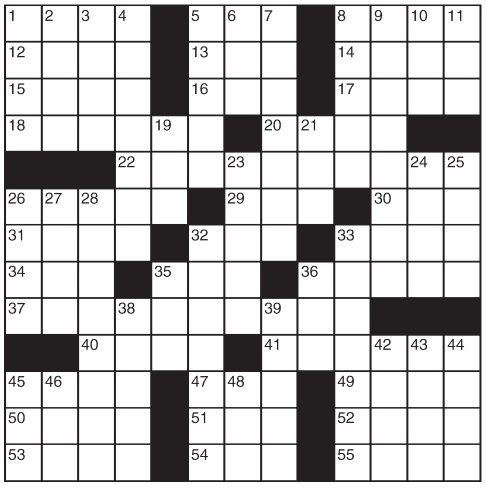
BT BREAKFAST TELEVISION

Michele McDougall, Weather Specialist & Host – Breakfast Television
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes."

Take Five



ACROSS

1 Pleased
5 Docs' org.
8 "That's a relief!"
12 Staffer
13 Restroom, for short
14 Emanation
15 Paper quantity
16 Monokini's lack
17 Despot
18 Department
20 Clock sound
22 Redundantly named money dispenser
26 Disposed (to)
29 Weep
30 Veto
31 Knocks
32 Sleepwear, briefly
33 Wrinkly citrus
34 Prior night
35 Twosome
36 Beginning
37 Redundantly named IDs for 22-Across
40 Profound
41 Meal
45 Reed instrument
47 Documentarian Burns
49 Always
50 Crucifix
51 "— Impossible"
52 Infamous lyre player
53 Prevents
54 Writer Hentoff
55 Salver

DOWN

1 Apparel
2 Stead
3 Hebrew month
4 Lowers in status
5 Book of photos
6 Scratch
7 Internet forum icons
8 Keep an eye on
9 Corn farmers' socials
10 Mound stat
11 Ares' realm
19 Chowed down
21 Unfriendly
23 Low-pay, low-skill work
24 Shade of green
25 Way out
26 Get ready, briefly
27 Sitarist Shankar
28 Freedom of access
32 Jack-o'-lantern
33 Left over, as money
35 About to arrive
36 Raw rock
38 Has to have
39 Dada artist Max
42 State with conviction
43 Antitoxins
44 Helen's home
45 Sphere
46 Feathery neckpiece
48 Greek vowel

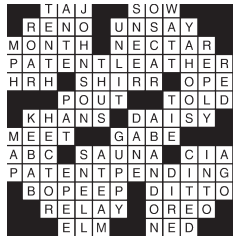
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		5				2		6
	1		3		2		9	
7			9		8			1
		7	2		3	8		
		9	6		1	4		
1			5		6			4
	7		1		4		6	
6		2				1		3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	8	4	5	6	2	9	1
5	4	9	2	3	1	8	7	6
1	6	2	9	7	8	3	5	4
4	1	5	8	6	3	7	2	9
8	3	7	1	9	2	6	4	5
2	9	6	7	4	5	1	3	8
6	2	4	3	8	9	5	1	7
9	5	1	6	2	7	4	8	3
7	8	3	5	1	4	9	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pecan Crusted Red Snapper

Recipe Developed by Paula Bowman
Photo: Carlo Mendoza

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:
2 tbsp olive oil, plus more for greasing pan
3/4 cup pecans, toasted
1 tsp rosemary, finely chopped
1/2 tsp kosher salt, plus more for vinaigrette
1/4 tsp freshly ground black pepper, plus more for vinaigrette
1 tbsp dijon mustard
4 (5-6oz) skinless red snapper fillets

METHOD:
1. Preheat oven to 425°F. Line a rimmed sheet pan with tin foil and lightly grease with olive oil. Set aside.
2. In a food processor, pulse nuts until ground. Transfer to a shallow bowl and toss with rosemary, salt and pepper and set aside.
3. In a small bowl, combine mustard and 1 tablespoon olive oil and stir until well blended. Place fish on a flat surface. Divide mustard mix evenly and spread over the top side of each fillet. Working with one fillet at a time, place fish, mustard-side down into the reserved pecan mixture and coat evenly. Transfer fillet to prepared pan, pecan side up, and continue with remaining fillets. Bake in oven until top is crispy and cooked through, about 8 to 10 minutes.

SERVES 4

• *Serve this recipe with Carrot Vinaigrette Salad and Sesame Roasted Potatoes with Cucumber Dip. Find the recipes at 20minutesupperclub.com/metro.*

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com.**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Focus on your aims and ambitions today. You don't have to do anything specific but you must think deeply about what it is you hope to achieve.

TAURUS
APRIL 21-MAY 21
You don't have to put other people's interests ahead of your own. You don't have to miss out on a good time just because friends are finding things tough.

GEMINI
MAY 22-JUNE 21
If certain things are going out of your life it can only be because you no longer need them. Other, better things will soon be along to fill the gap.

CANCER
JUNE 22-JULY 22
If a decision you made recently turned out to be wrong there is still time to put things right again, but you've got to be quick.

LEO
JULY 23-AUG 23
You seem to be thinking about faraway places and how nice it would be to see what is beyond the horizon. By why just think? Why not do it?

VIRGO
AUG 24-SEPT 22
Go out of your way to thank someone who did you a favor recently. Your act of appreciation will make a big impression.

LIBRA
SEPT 23-OCT 23
You never met a shop window you did not like and the temptation to splurge is strong today. Go on a spree if you must but leave something in reserve.

SCORPIO
OCT 24-NOV 22
By all means help a friend or work colleague get something done today but don't do everything for them. Give them the push they need.

SAGITTARIUS
NOV 23-DEC 21
Today there is a danger you will do too much for loved ones and not enough for yourself. It's okay, even desirable, to be selfish occasionally.

CAPRICORN
DEC 22-JAN 20
You will find it much easier to explain to partners and loved ones what it is that's been worrying you.

AQUARIUS
JAN 21-FEB 18
Others can criticize as much as they like but you must maintain an optimistic outlook. It's the positive people who make the world a better place.

PISCES
FEB 19-MARCH 20
If you have got something arduous planned you are strongly advised to cancel it. You just won't have the energy or the motivation to make a success of it.

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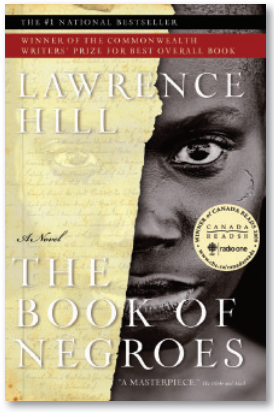

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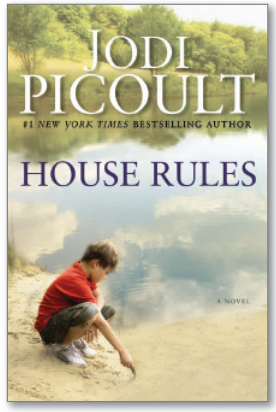

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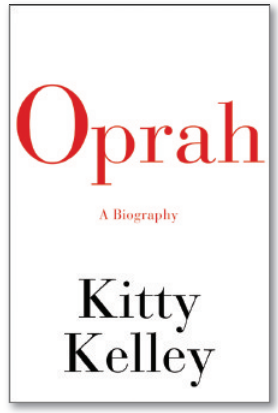

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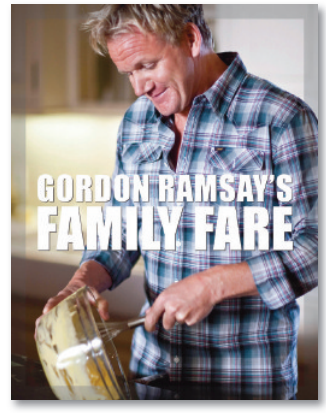

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